

















Taylor Family YMCA Health & Fitness

Group X Schedule

Effective May 17, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	 Laura		 Michelle		 Kim	 Ron
9:00 am		Step Circuit Michelle		Step Circuit Laura		
9:30 am						 Mark
9:45 am	Zumba Telisha		Zumba Telisha			
10:00 am		Yoga Audra		Yoga Audra		
10:30 am						Zumba Kim S.
10:45 am						
11:00 am	Senior Supremes Telisha	Water Aerobics Michelle	Senior Water Aerobics Michelle	Water Aerobics Candi	Senior Supremes Kim	
11:30 am						Yoga Marco
12:15 pm	 Express Candi		 Express Kim		 Express Michelle	
2:00 pm		 MSROM Telisha		 MSROM Kim		
3:00 pm						
5:15 pm						
5:30 pm	Zumba KynDee	 Candi	 Ron			
6:30 pm	H2O Boot Camp Candi	Water Aerobics Michelle	H2O Boot Camp Candi	Water Aerobics Candi		
6:30 pm	 Michelle	Zumba Kyndee	 Laura	Zumba Kim Z.		